

# Healthy You:

## Health and Wellness Workshops



The Library, in partnership with ChapCare, a non-profit healthcare agency based here in the San Gabriel Valley, will be offering a series of health and wellness workshops during the 2016 calendar year. All of the following are free and will be held at 2:00 pm in the Cay Mortenson Auditorium. No registration is required. If you have questions please call the Information Services desk at 626-821-5569.

### **Cancer Screening and Prevention**

***March 19, 2016 @ 2:00 pm***

Learn about the risks, causes, symptoms, and treatment of cancer, as well as the most common types of cancer screening that are often recommended by physicians.

*And mark upcoming workshops in your calendar!*

**6/11/16: Preventive Care**

**9/17/16: Teen Mental Health**

**12/17/16: Stress Management**



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